SHOPPERS DRUG MART
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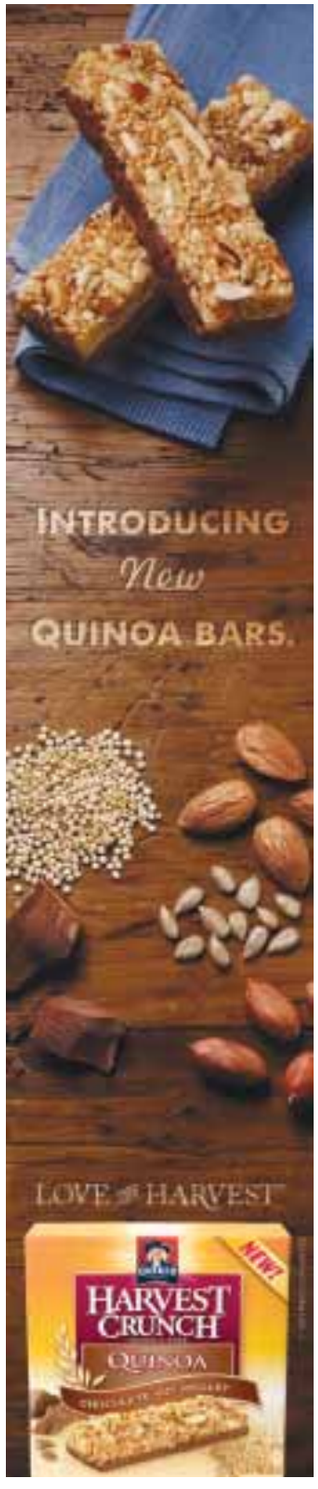


STAR ACADEMY

MEGAN PARK'S BREAKOUT MOVIE THE F WORD IS SET TO DEBUT AT TIFF THIS WEEKEND. AND SHE GOT HER START RIGHT HERE, AT LONDON'S ORIGINAL KIDS THEATRE COMPANY

PAGE 4

Post-racial world?

Not for two Leon's employees in Halifax, who were fired for 'lynching' a black statue PAGE 7

A winning combination

The tie between Mustangs coach Greg Marshall and Western athletic director Therese Quigley goes back more than a decade PAGE 17

NEWS WORTH SHARING.

Protecting fair food from foul

Western Fair. Health inspectors at the ready as annual exhibition rolls into town

SCOTT TAYLOR
scott.taylor@metronews.ca

New to this year's menu

- Chocolate-dipped jalapenos
- Deep-fried peanut butter cups
- Bacon-wrapped caramel apples
- All-bacon burgers
- Peanut butter bacon milkshakes
- Triple-decker grilled cheese and grilled bologna

Food and fairs go together like coffee and cream. But when that food isn't fresh, bad things can happen.

Just ask the more than 200 people who lived to regret eating the now infamous cronut burger at the Canadian National Exhibition in Toronto two weeks ago.

With the Western Fair ready to open its gates on Friday to crowds eager for excitement and eats, the Middlesex-London Health Unit's food inspectors are at the ready to ensure that what goes down, stays down.

It's not an easy job, but there will be at least one inspector on the grounds from opening day until the fair closes on Sept. 15.

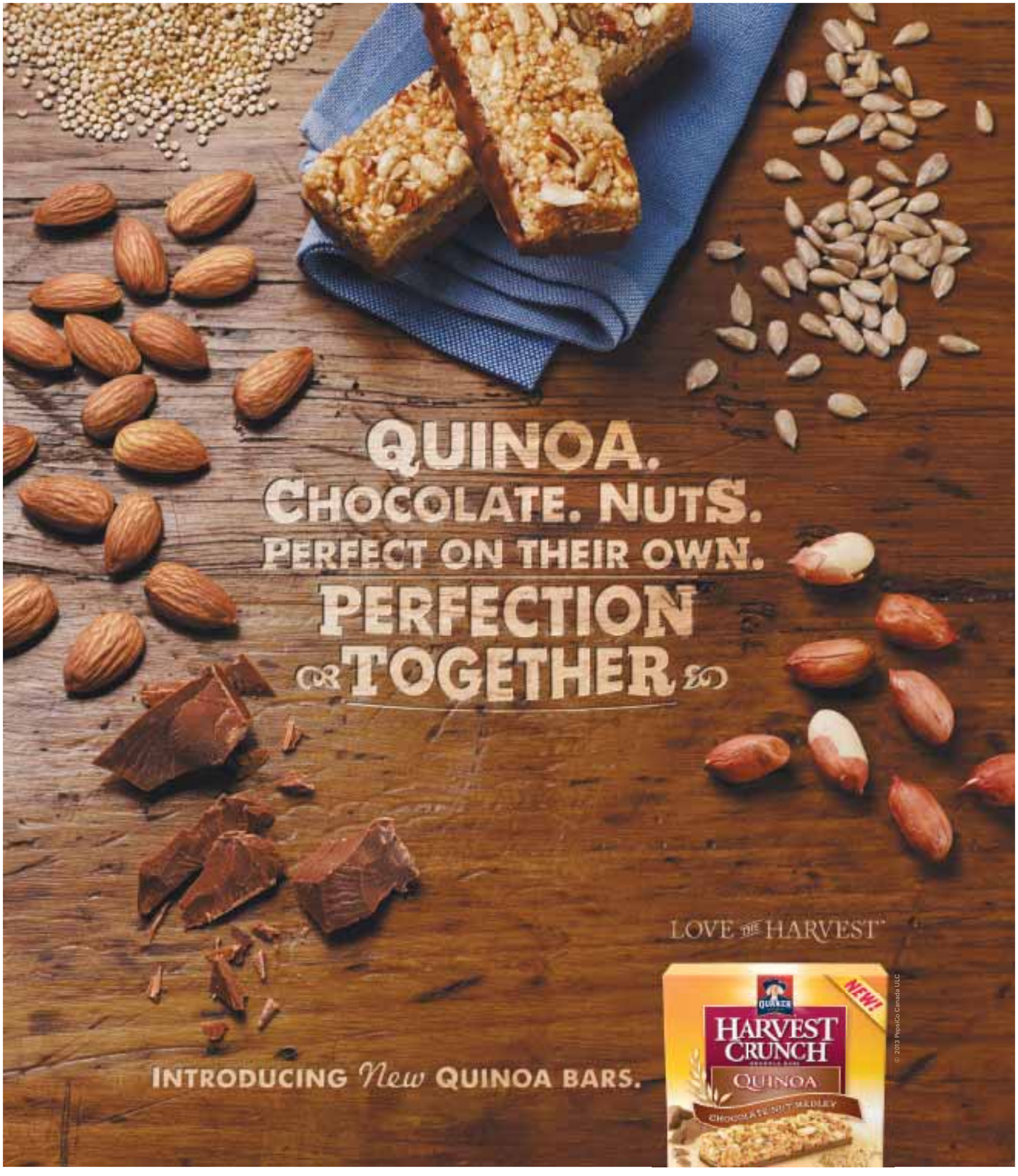
Dave Pavletic, the unit's manager of environmental health, said safety starts Thursday night with a food-safety presentation. "All the vendors attend the presentation, and we just go over what the requirements are for the food premise regulation. They need to know what the proper set-up is, how to be compliant with the food premise regulation and our public health inspector goes into some detail on food-safety practices," he said.

As for what the inspectors are inspecting, Pavletic said anything and everything they usually look for in restaurants.

"We look to make sure that every food vendor has a hand-washing station, and it needs to be equipped with paper towels and hand-washing soap and water under pressure," he said. "Food needs to be stored properly, so within the cooler units the raw meat needs to be stored separately from the ready-to-eat foods. They need to be covered just to eliminate any chance of cross-contamination and the refrigerator temperature needs to be four degrees Celsius or colder."

The list goes on, but it's safe to say the fair's many food stands will be shipshape or they'll be sunk.

Crews have been working around the clock to get the Western Fair District grounds ready for the 10-day fair, which starts on Friday. MARK SPOWART/METRO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Task force

Council salaries up for review

Are you itching to have your say on how much the next crop of city councillors will be paid?

Now's your chance.

In the year before municipal elections, politicians appoint a council compensation review task force to recommend how much the next batch of city leaders should earn. The recommendations will be based, in part, on data collected from Londoners.

"We want to reach out as broadly as we possibly can," said Brian Orr, chairman of the task force. "It was done in 2010, and we had less than 200 responses and only two people (showed) up for the public meeting. One of our goals is to increase the rate of Londoners participating."

People can make their voices heard by filling out a survey or attending a public meeting at 5 p.m. Sept. 12 in council chambers.

The online survey is at London.ca under the "speak up" tab and will be available until Sept. 15. Print versions have also been distributed to 14 library branches.

"Ultimately it is the voters who elected people to these positions, and we thought it was a good idea that those same voters have a say on how we compensate (politicians)," Orr said.

Elected officials saw a 1.5 per cent pay raise this year, bringing councillors' base salaries to $33,465 and the mayor's base pay to $104,258.

MARK SPOWART/FOR METRO

Fraud alleged

Man charged with cashing dead relative's pension cheques

A London man is facing a fraud charge after he allegedly collected 19 years worth of pension payments meant for a deceased relative.

Myung-Joon Kang was charged Aug. 30 with defrauding the Canada Pension Plan and Old Age Security of approximately $133,000.

Employment and Social Development Canada identified an overpayment of benefits and contacted the RCMP for further investigation.

SCOTT TAYLOR/METRO

Locomotives and freight cars are hitched together in the Canadian Pacific rail yard near London's Quebec Street bridge. MARK SPOWART/FOR METRO

London seeking to improve rail safety

Prevention. Lac-Mégantic explosion prompts city meeting with rail lines, transit and first responders

The lesson learned from the July 6 train explosion in Lac-Mégantic, Que., is that it takes only a small combination of errors to spark a disaster.

City officials are out to make sure nothing like that happens in London.

Mayor Joe Fontana and emergency-response personnel will meet Thursday with railway authorities along with transportation officials. The focus will be rail-safety protocols related to preventing disasters and emergency response.

"We're bringing all of them together," said Dave O'Brien, London's manager of corporate security and emergency management. "We talk to them separately often, but we don't typically bring them all together."

He expects Transport Canada, CN, CP, the Genesee & Wyoming rail line, VIA Rail and possibly somebody from the Ministry of Transportation to attend.

"What we're trying to do is have everybody represented within the same room along with all of our team here in London," O'Brien said. "So I'll have all our emergency agencies that would respond to an emergency in the city, such as police, fire, EMS, environmental services, the hospitals, the health unit."

The goal, he said, is to ensure that everyone is on the same page and understands their role should an emergency happen.

"It's about understanding exactly what the Ministry of Transportation will do, what Transport Canada will do, what the response team from CN is going to (be) and have everybody in the same room at the same time hearing the same stuff." SCOTT TAYLOR/METRO

Traffic

50

Approximate number of freight trains that move through London daily.

Police and firefighters were on the scene of this tractor-trailer crash for most of Wednesday. SCOTT TAYLOR/METRO

Ramp closure. Tractor-trailer flips over on 401

The driver of a tractor-trailer that rolled Wednesday at Veterans Memorial Parkway and Highway 401 is expected to face charges, police said.

The ramp that funnels vehicles to eastbound Highway 401 was closed for most of the day after the 10:45 a.m. crash.

The cab of the truck was left a broken, battered mess on the pavement, while the trailer had flipped over the guardrail and was on its side. Some of the truck's load of sugar spilled onto the pavement.

Tire skid marks could be seen about 20 metres behind the wreckage.

SCOTT TAYLOR/METRO

Actress Megan Park is pictured during the 2012 Los Angeles Film Festival premiere of Disney Pixar's Brave. Park, who was trained as an actor in London, got her big break in 2007 when she was cast as Grace Bowman in ABC Family's The Secret Life of the American Teenager. JESSE GRANT/GETTY IMAGES

From London to limelight

Rising stars. Original Kids Theatre Company pumping out the cream of the crop

MARK SPOWART
london@metronews.ca

The Original Kids Theatre Company has been providing a hands-on experience for London kids with an interest in theatre since 1991.

During that time, the company has pumped out a number of performers who have gone on to successful careers as actors — including Megan Park.

Park's new movie, The F Word, will be featured this weekend at the Toronto International Film Festival. And the actress herself is one of three people accepted into TIFF's Rising Stars program.

The group has been deemed "next generation of Canadian actors poised for international careers."

As part of the program, Park, 27, will participate in industry boot camps during TIFF, which means private meetings with big-name casting directors, producers and filmmakers.

It's a long way from the Spriet Family Theatre stage where Park and many others took some of their first acting lessons.

But those lessons seem to be sticking, no matter how far away the prodigies move to build their careers.

"Our goal is to develop self-expression, creativity and confidence through the vehicle of the performing arts," said Andrew Tribe, artistic director at Original Kids, who is himself a graduate of the company.

Each year, 300 performers ranging in age from eight to 18 are selected through auditions to be part of the theatre's "main company." The group produces and presents two plays a year.

Throughout the year, students have an opportunity to work on a variety of other skills that are designed to serve them well in any career they decide to follow.

"It is a program where the kids really develop over the course of time," Tribe said.

Staying grounded

"That's always my focus every day: To find balance. I've seen a lot of people sometimes lose that balance, and I've always tried so far to keep it."

Actress Megan Park, on staying grounded as a rising star.

Hitting the big time

Some other graduates of the Original Kids Theatre Company include:

- **Rachel McAdams:** Recently starred in To The Wonder and alongside fellow local native Ryan Gosling in 2004's The Notebook.
- **Cassandra Hodgins:** Placed fifth in CBC's Over the Rainbow contest.
- **Ben Sanders:** Going into his fifth season at the Shaw Festival.
- **Kyle Blair:** Has appeared on the Festival Stage in Stratford as well as at the Shaw Festival.

"While some may have an innate ability (for acting) … for those who have gone far in their career it is usually because they are great collaborators and an easy person to work with, and that is something we really endorse."

In her new role, Park co-stars alongside Daniel Radcliffe of Harry Potter fame. The movie is a romantic comedy about a guy and a girl who end up stuck in the dreaded "friend zone."

WITH FILES FROM TORSTAR NEWS SERVICE

Grandfather plans 7-month walk 'so these kids can have a future'

If Bob Facca ever asks you to go for a walk, you might want to ask, "How far?"

Last year, the Londoner walked across 500 kilometres of Ontario in an effort to raise $250,000 as part of his Grandpa Bob's Walk for Louie. Now, he's planning an even bigger journey.

In May, Facca will hit the pavement for an estimated 5,000-kilometre walk that will take him from Quebec City to Windsor, around the Great Lakes and, eventually, to Winnipeg.

The walk, like the last one, will be dedicated to Facca's young grandson, Louie, who has Duchenne muscular dystrophy.

Annual commitment

$1M

Through his son's foundation, John Davidson has pledged to donate $1 million a year toward research to find a cure for Duchenne muscular dystrophy.

It is the same disease that killed Jesse Davidson and led to what's become known as Jesse's Journey, a trek that saw John Davidson push his son across Canada in a wheelchair.

"Researchers need dollars, and I am going to walk to do what I can to support those researchers," Facca said.

He paid for the last walk out of his own pocket. This time, officials from the Jesse's Journey organization will be along for the trip, providing financial and moral support.

"They are leading the way," Facca said. "They have provided us with two vans, and London City Chrysler went out and got us a … motor home, and they did it just for us."

The route is designed for maximum exposure and, hopefully, maximum contributions. Facca's team would like to raise $2 million dollars during the seven-month trek.

John Davidson will accompany Facca on various legs of the walk as he makes his way through Ontario. "We are going to get it done and raise some money so these kids can have a future," Facca said.

MARK SPOWART/FOR METRO

London's Bob Facca and his grandson Louie. CONTRIBUTED

From the assignment to the app, entrepreneurs fashion new idea

The Clothes Line. Two grade school students launch Indiegogo campaign to get their fashion app idea off the ground ... and into your closet

JEREMIAH RODRIGUEZ
london@metronews.ca

Two tiny tycoons returned to school Tuesday with more than just a nice tan.

Tiffany Birkner and Sierra Bryson, students at Sir John A. Macdonald Public School, are on their way to becoming a high-tech hit in the world of fashion.

The girls are at the centre of an Indiegogo campaign launched last week, aiming to raise $10,000 in two months for the public launch of their fashion app, dubbed The Clothes Line.

The app takes snapshots of clothing and lets people categorize their wardrobe. Then, fashionistas can sift through their wardrobes in the virtual world, mixing-and-matching what they own without rummaging through the closet.

The Clothes Line blossomed from a class assignment that challenged seventh- and eighth-graders to develop business ideas. These were then pitched to local business leaders.

The idea snagged the attention of Francis Yanga from Red Square Labs, and he spent the summer brainstorming with the girls to turn their concept into a workable and downloadable app.

"When starting with ideas, children shoot most ambitiously. They have nothing in between their dreams and them," Yanga said. "I just wanted to help."

Josh Jones, the girls' teacher, was hoping to inspire an entrepreneurial spirit when he gave out the assignment that led to The Clothes Line.

His main message seems to have come through loud and clear.

"Things aren't going to drop into your lap. You have to put yourself out there, I told them," Jones said.

"If you have an opportunity or an idea, people, more often than not, aren't going to blow you off if it's a good idea."

See for yourself

- You can check out the video pitch Tiffany Birkner and Sierra Bryson are making as part of their Indiegogo campaign at metronews.ca.

Tiffany Birkner, left, and Sierra Bryson show off a sample version of the fashion app they've named The Clothes Line. JEREMIAH RODRIGUEZ/FOR METRO

Special guest author

Shelter to mark anniversary

Women's Community House will mark its 35th anniversary with a big name.

The shelter for abused women and children is bringing author Emma Donoghue to town on Sept. 13 at the London Hunt and Country Club.

Donoghue, an award-winning playwright and novelist, will speak about Courage to Change, the theme for the shelter's anniversary celebration.

Tickets for An Evening with Emma are $60, with proceeds going to children's programming at the shelter. They're available at aneveningwithemma.eventbrite.ca.

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Water plant's woes not a drop in the bucket: Automation's soaked

Calgary flood aftermath. Treated water may be substandard because important facility is in 'manual mode'

ROBSON FLETCHER
Metro in Calgary

Calgary's largest wastewater treatment facility is operating in "manual mode" due to damage from … water.

Because of the damage from June's flood, there's a "very high risk" that the plant will send treated water to the Bow River that doesn't meet provincial standards, a city report says.

"We've basically stepped back 30 years in time," said Kevin Colbran, manager of the Bonnybrook Wastewater Treatment Plant.

"We have the brain of our control system but all of the field devices and cabling that sent the information to that brain were toasted in the flood."

As a result, plant employees have to visually monitor things such as water levels and dissolved oxygen levels in the plant's various tanks and then manually turn valves to adjust flow levels and keep the treatment processes in order.

"It's more challenging," Colbran said.

"These plants are pretty complex now. They're designed with automation in mind, not manual operation."

It also takes a lot longer, he added, as employees have to physically travel from one part of the 50-acre site to another to make observations, then make adjustments, then double-check that they had the desired effect.

The situation is not ideal but certainly manageable, Colbran added.

Bonnybrook operations leader Robert Kotch stands above one of the facility's clarifiers, which staff must now monitor and adjust manually after June floodwaters damaged automation systems. ROBSON FLETCHER/METRO

Cash flow

Repairing damage and replacing equipment at the Bonnybrook plant is expected to cost another $10.1 million.

- **Protocols.** That's on top of $7.2 million already approved by city staff under emergency protocols during and immediately after the flood.
- **Priorities.** City council is to vote on the additional $10.1 million on Monday. Tentative approval has already been given by the city's priorities and finance committee.

Obama wins one, threatens one

So far, so good.

U.S. President Barack Obama's request for speedy congressional backing of a military strike in Syria advanced in the Senate on Wednesday.

A resolution backing the use of force against President Bashar Assad's government cleared the Senate Foreign Relations Committee on a 10-7 vote.

The measure is expected to reach the Senate floor next week.

Success for Obama came just hours after he left open the possibility he would order retaliation for a deadly chemical weapons attack even if Congress withholds its approval.

The support seen in the Senate will be harder to find in the Republican-controlled House of Representatives, which is also reviewing Obama's request.

Obama was in Sweden when the Senate vote occurred. In a challenge to lawmakers back home, he said Congress' credibility was on the line, not his own, despite saying a year ago that the use of chemical weapons would cross a "red line."

In Washington, Secretary of State John Kerry said Assad had used chemical weapons 11 times, including once last spring. At that time, he said, Obama did not have a "compelling" enough case to push for a U.S. military response.

THE ASSOCIATED PRESS

Crisis mode

Two developments worldwide on the Syria crisis:

- **Russia.** President Vladimir Putin said Russia "doesn't exclude" supporting a UN resolution on military strikes if the use of chemical weapons is proven.
- **Italy.** Two Italian warships are sailing closer to Lebanon to protect Italy's soldiers in a UN mission there.

Concern is etched on the faces of a woman and child as Syrian refugees gather at the Turkish Cilvegozu gate border on Wednesday.
GREGORIO BORGIA/THE ASSOCIATED PRESS

Tory tome. Hockey's in his blood, so PM pens a hockey history book

Stephen Harper can soon add another line to his resumé — published author.

The prime minister's book on the history of hockey is set to hit store shelves Nov. 5.

A Great Game: The Forgotten Leafs and the Rise of Professional Hockey looks at the early years of the game.

It will also feature photos of famous arenas and the game's earliest star players.

"Drawing on extensive archival records and illustrations, histories of the sport, and newspaper files, A Great Game delves into the fascinating early years of ice hockey," publisher Simon and Schuster Canada said Wednesday.

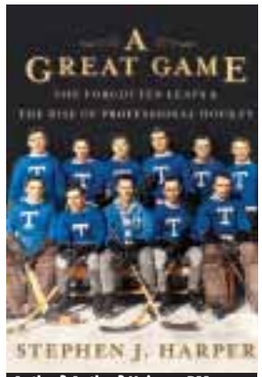
"It tells of the hockey heroes and hard-boiled businessmen who built the game, and the rise and fall of legendary teams pursuing the Stanley Cup."

Harper has spent years on the book, reportedly setting aside a few minutes each day to work on it.

The prime minister is known to be a giant hockey fan and regularly attends NHL games — although the Toronto-born Harper remains coy about his favourite team.

All Harper's proceeds from the sale of the book will go to the Canadian Forces Personnel and Family Support Services.

THE CANADIAN PRESS



Author? Author? He's our PM.
THE CANADIAN PRESS/SIMON AND SCHUSTER

Leon's staff fired after black statue is hanged

Halifax. Furniture chain has let go 2 employees, offered diversity training over August incident

A Leon's Furniture outlet in Dartmouth, N.S., is apologizing and has provided staff with sensitivity and diversity training after firing two employees over the hanging of a black statue.

The furniture store says it fired the two workers after it conducted an investigation into the incident last month.

Leon's says the bronze statute with black patina was taped and hung to an office window. The statue was altered so its eyes and mouth were whitened.

The company did not return messages seeking comment. The incident was revealed by a former Leon's employee, who has lodged a complaint of racial discrimination with the provincial Human Rights Commission.

According to the CBC, Elsworth Bottomsley told the commission he quit after the statue lynching, which followed several other racially motivated incidents over the previous two years.

Another Leon's employee, who is also alleging racial discrimination by the furniture store, is seeking to introduce the statue lynching as evidence in her case.

THE CANADIAN PRESS WITH FILES FROM METRO HALIFAX

Will there be a smartwatch in your stocking this year?

A model touches the screen of a Samsung Galaxy Gear smartwatch on Wednesday in Berlin, where the electronics giant unveiled its highly anticipated digital wristwatch well ahead of a similar product expected from rival Apple. Smartwatches, which can perform tasks such as displaying email and Twitter messages, are what some technology analysts believe will be this year's must-have holiday gift. The devices have been around for several years, but now that smartphone behemoths Samsung and Apple are joining the fray — and Google is pushing its Google Glass gadget — experts see a chance of wearable computers breaking into the mainstream. MICHAEL SOHN/THE ASSOCIATED PRESS

Halifax

Rain washes out N.S. booze sales

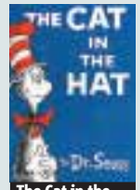
Nova Scotia Liquor is reporting a drop in sales and profits for the first quarter of this fiscal year, a decline it attributes in part to an increase in precipitation. The Crown corporation says it earned $57.1 million in profits during the first three months of fiscal 2013-14, about $1.4 million less than the same period last year.

THE CANADIAN PRESS

The logo of the Nova Scotia Liquor Commission THE CANADIAN PRESS

Publishing

Dr. Seuss classics go digital this fall



The Cat in the Hat SCREENGRAB

Make that the e-Cat in the Hat. Dozens of Dr. Seuss classics, including The Cat in the Hat and Green Eggs and Ham, will be available this fall for the first time as e-books. Random House Children's Books announced Wednesday that the first 15 will come out Sept. 24, followed by additional publications in October and November.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 95.31¢ (+0.34¢)

Natural gas: $3.68 US (+1¢)
Dow Jones: 14,930.87 (+96.91)

TSX 12,757.81 (+17.31)

OIL $107.23 US (-$1.31)

GOLD $1,390 US (-$22)

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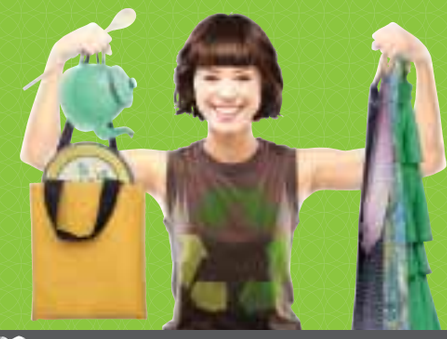

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NOT ALL TEACHERS ARE MADE EQUAL

HE SAYS

John Mazerolle
metronews.ca

Teachers, am I right?

In honour of the beginning of the school year, this was a test.

Did you respond to the mere mention of the profession with rage, fed up with union-protected whiners who don't realize how good they've got it, what with their summer break, free apples by the desk load and brightly coloured chalk?

Or did your eyes tear up at the very thought of these educational exemplars, the second most noble profession (just behind humour columnist), preparing The Leaders of Tomorrow despite the slings and spitballs of the Grocery Store Cashiers of Tomorrow?

Middle ground often seems like a no-man's land when it comes to the battle between pro- and anti-teacher camps.

People love labels. All of us do. It's so much easier than thinking. People can be racist. Some people are classist. Others are regionalist, deciding that 5.5 million people in the Greater Toronto Area are latte-quaffing liberals or that four million Albertans are cow-romancing conservatives — all mayoral election results to the contrary.

And some people are, uh, professionist. While teacher-bashing is more popular at the moment — teacher-praising seems reserved these days for teachers and their relatives — I've rarely heard an attempt at a balanced opinion. Educators are either heroes or heels, full stop.

Here's a hypothetical conversation:

"Must be nice to be done at three o'clock and get the whole summer off," says a teacher-hater.

"Teaching is the most important profession we have and in a just society, they'd be paid as much as doctors," says a teacher-lover.

"There are many excellent teachers who are making a real difference, yet there are some awful teachers who are protected too readily by their peers," says a third person, joining in.

"Kaboom!" go the heads of the other two, like characters in a violent video game being played in the back of a classroom as we speak.

Here's the thing: I remember a theatre arts teacher who gave us a taste of Macbeth and A Raisin in the Sun in a way that made us crave more, and I remember a French teacher who showed us Weekend at Bernie's. In English. Without subtitles.

The teaching profession is a mixed bag, just like every other profession except for astronauts and air-traffic controllers (one hopes). I choose to give individual teachers the benefit of the doubt until given reason not to.

After all, these are people who deal with classes packed tighter than a New York sidewalk, and often face junior high students without a chair and whip. And how does one deal with issues like bullying and burgeoning sexuality when, as I recall, all it takes to create chaos in a classroom is one stray bumblebee?

Last time I checked, teachers are people. Sorry to be so controversial.

ZOOM

Fish killed in polluted Chinese river

GETTY IMAGES

Factory blamed for ammonia leak

This was the scene on a 40-kilometre stretch of the Fuhe River in China after a chemical spill killed about 100,000 kilograms of fish, mainly chub, carp and snakehead. High levels of ammonia leaked into the river from a factory, and the owner has been ordered to stop operating.

The government claims the river is now cleared. METRO

Other animal tragedies

- 16,000 pigs were found floating in a Shanghai river this year.
- Also this year, 1,000 dead ducks were seen in the rivers of Sichuan province.
- Similar to now, more than 40,000 kilograms of fish were killed after the 2012 spill of toxic chemical cadmium in a Guangxi river.

Fishermen's losses

$11,400

The loss per day that local fishermen will suffer, which could have a devastating effect on the area's economy.

No comment from science company

The Hubei province environmental protection department, notified of the piles of dead fish on Monday, pointed the finger at local company Hubei Shuanghuan Science and Technology Stock Co. The company said it wasn't going to immediately comment.

THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Darwin the Ikea monkey made his first public appearance Dec. 9, 2012.
BRONWYN PAGE/THE CANADIAN PRESS/HANDOUT

If you've ever tried to find an old tweet, you know that Twitter's search function is of lamentable quality — at best. Topsy, the social media analytic king, has now fixed that wee problem and indexed every tweet ever sent. Ever. That's about 425 billion pieces of content, according to The New York Times. So what can you do with this while companies figure how to get rich from it? Have fun playing a spirited game of first tweets.

Ikea monkey
Where did the first Ikea monkey tweet come from?

Bieber
What was his first tweet?

Trudeau and pot
Find out just how far back the Trudeau pot-smoking story surfaced.

Twitter

@metropicks asked: Dr. Seuss books are coming out in e-editions. Do kids miss out on anything by using an e-reader?

@Canucklehead_ca: Good luck with that e-reader at a book signing! (See also: in direct sunlight.)

@BrianBlatnicki: how do you borrow with e-readers?

@canadiansteph: how can you tell which books are more loved then others? My son's most loved book is torn and bent, and loved:)

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metro

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Arab electro art in my heart

JIMH. Eclectic Montreal group will be getting political at the Aeolian on Saturday

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Esmerine band members, from left, are Jamie Thompson (Unicorns, Islands) on drums/percussion, Brian Sanderson on various instruments, percussionist Bruce Cawdron (Godspeed You! Black Emperor) and cellist Rebecca Foon (Thee Silver Mt. Zion, Saltland). CONTRIBUTED

It's more than just your typical concert. It's installation art.

Jerusalem In My Heart (JIMH) weaves contemporary Arabic electronic music with 16mm film experiments. Multiple projectors bounce images around the performance space, submerging the audience in a mitosis of light and sound.

The Montreal-based group is playing a show at the Aeolian Hall on Saturday along with Esmerine (Montreal) and Matana Roberts (New York City).

"When we do typical performances, we set up the space a day or two before, and the music is composed with that in mind," says Radwan Moumneh, who started JIMH in 2005. "The project is about the installation. It's an environment we create. You are walking into an experience."

JIMH members also include French musician Jérémie Regnier and Chilean visual artist and filmmaker Malena Szlam Salazar. Their debut album, Mo7it Al-Mo7it, was released on Constellation Records in March. The band has resisted recording for almost eight years.

"It didn't seem right to record because there is no room for Malena's installation to exist within the record. But all the artwork is taken from stills from loops," says Moumneh, a Lebanese-Canadian sound engineer, producer and co-owner of Montreal's Hotel2Tango recording studio.

The group's name comes from a record by the famous Lebanese singer Fairuz.

"A lot of Arabs cannot go (to Jerusalem). It's a symbolic place that can only be in the heart," explains Moumneh, who is also active in the Beirut music scene.

The record is dedicated to Mohamed Bouazizi, a Tunisian street vendor who set himself on fire on Dec. 17, 2010, to protest the seizure of his belongings and mistreatment by municipal officials. His act became a catalyst for the Tunisian Revolution and the Arab Spring.

"As much as what I do is poetic and art, it is also political," Moumneh says.

Rebecca Foon, cellist of the modern chamber music/experimental band Esmerine (also playing Saturday night), says her politics also influence her creations. Her commitment to fight climate change and create sustainable communities, as well as her love of yoga (she owns a yoga studio in New York), inspires her lyrics and compositions.

Esmerine's fourth LP Dalmak was recorded in a big loft in the heart of Istanbul with a number of Turkish musicians, who are now on tour with the band.

"This album has a major Turkish influence, and it's so exciting to bring these musicians to Canada," says Foon. "It's a rich cultural exchange."

Tickets for Saturday's show at the Aeolian are $20 and include a chance to see Matana Roberts.

Doors open at 7 p.m.

Around town

- **Get arty.** Forest City Gallery (258 Richmond St.) is having an art opening featuring emerging artists from 7 to 10 p.m. Friday.
- **Tunes.** Lonnie in the Garden, Sheepman, Walrus and Innes Wilson play the APK (347 Clarence St.) on Friday. Doors open at 9 p.m. and tickets are $5.

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Multi-faceted Duplass in League of his own

Q&A. Director, actor and self-confessed workaholic talks about the beauty of Pete and staying close to the cast

MATT PRIGGE
Metro World News in NYC

To some, Mark Duplass is a filmmaker specializing in small dramedies like The Puffy Chair, Cyrus and Jeff, Who Lives at Home. To others, he's an actor who plays soulful slacker types in Humpday, Your Sister's Sister and Safety Not Guaranteed. But to most, arguably, he's Pete, the horrifically dude-ish fantasy football addict on The League.

Though the FX show enters its fifth season, Duplass says his character hasn't changed much — which is good.

How do you feel Pete has evolved over the seasons?
Here's the greatest thing about Pete and this show: Pete does not grow up. Every man-child movie or anything you watch, over the course of 90 minutes they learn their lessons and become good people. Pete's kind of a terrible human being. He's super shallow. He's very into fantasy football because he doesn't have very much else going on in his life. He really doesn't change — which I kind of love.

Do you think he'll ever change?
I think Pete's got a shot at beginning self-awareness around 75. But I wouldn't bet on it.

Are there any stray similarities between you and Pete?
No, I'm so different from him. He has this confidence — even if he doesn't work hard, he knows he's going to be fine in the world. I'm deathly afraid of failure and am pretty neurotic and I'm a workaholic because of that. If I don't create projects for myself, nothing will happen.

The cast is mainly comic actors, whereas you and your wife Katie Aselton come from movies.
The films that we've done are dramedies, so we have an appreciation for comedy. You just have to take ego out of it, and make sure you're not trying to be the funniest one in the scene all the time. You're just trying to make the funniest scene you can. And sometimes that's setting somebody else up.

How do you maintain the group rapport, especially with gaps in seasons?
We're all very close friends. Steve (Rannazzisi) just moved back to New York. But the rest of the cast, we all live within two miles of each other. We use Katie's pool as a place where we hang out a lot. We're buds; we just kind of lucked out on this one.

Mark Duplass lazing around on The League. HANDOUT

As an actor, what are the challenges of doing TV versus film and hanging onto the same character?
The League is a bit like summer camp. I get to show up and just be an actor and improvise and have fun. And then I walk away. We're not really arcing these characters long-term. We're watching them in their stasis — we're watching their eternal state of man-childishness. The real challenge is trying to stay creatively relevant and stay creatively inspired. The thing that helps us the most with The League is it's an improvised show. We work from outlines, so you can never get to that lazy space where you just memorize your lines and spit them out. You always have to be on your feet; you always have to be paying attention because you never know what's going to happen. It keeps you vital.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Miley Cyrus. ALL PHOTOS GETTY IMAGES

Miley's motto: Don't think, just twerk

Miley Cyrus finally spoke out about her much-debated MTV Video Music Awards performance with Robin Thicke.

"I don't pay attention to the negative because I've seen this play out so many times," she tells MTV.com. "Madonna's done it. Britney's done it. Every VMA performance, that's what you're looking for. You're wanting to make history."

That being said, even Cyrus is surprised by how much discussion her twerking has prompted.

"People are still talking about it. They're overthinking it," she says. "You're thinking about it more than I thought about it when I did it. Like, I didn't even think about it because that's just me!"

Twitter

@TomArnold
Is my baby crying in spite of my wife's singing or because of it?

@KChenoweth
Trust me, you can dance. -Wine

@SethMacFarlane
Chilling thought: With all the billions of people on Earth, the odds are very high that right now, someone is watching "Fred Claus."

The Word

There is No Doubt that Stefani is pregnant

MELINDA TAUB
Metro World News

Gwen Stefani, who never seems to age in spirit or looks, is proving her youthfulness yet again by getting pregnant at 43.

In Touch reports that the singer and husband Gavin Rossdale are expecting their third fabulously dressed offspring sometime soon.

A "source" tells the mag the two "couldn't be happier." If true, baby number three joins brothers Kingston, 7, and Zuma, 4.

Last year, the singer told Marie Claire that she and Rossdale tried for a third but it didn't happen.

"I really, really, really wanted one about two years ago," Stefani said.

"And it didn't really work out. So… I feel good with what we've got. Everything works out how it should. You can't plan anything, right? You can try."

Simon Cowell

Those finger paintings are truly disappointing

Simon Cowell is going to be just fine as a father once girlfriend Laura Silverman gives birth, thank you very much.

"Once I got used to (becoming a father) I did get excited. I think I will be a good dad, so I'm excited," he tells the BBC. "I am good with kids because I like kids. I really do like them and I listen to them."

But that doesn't mean Cowell plans to change any diapers.

"I'm not doing that, 100 per cent absolutely not going near that," he insists.

Calvin Klein

Sorry Beckham, we need someone less famous

To hear Calvin Klein tell it, he couldn't use David Beckham in a series of underwear ads in the U.K. recently because the soccer star was too famous.

"They said, 'You can have him for the rest of the world, but you can't have the U.K. because he's too popular,'" Klein explains to Marc Jacobs in a chat for Interview magazine.

Klein ended up going with retired Swedish soccer star Freddie Ljungberg instead.

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In the tents or on the town

The prospect of sidling up to Lincoln Center in New York or a cocktail party in Soho wearing your most well-worn clothes may not seem like the best idea. But help is at hand, because as these styling tips we've collected from our street style galleries prove, you don't need an endless designer wardrobe to compete during fashion month.

METRO WORLD NEWS

The Pick'n'Mix

A taxi driver once told Garance Dore that he could spot the girls working in fashion by the fact that nothing they wore matched. Pairing Breton stripes with graphic florals and a denim jacket might be unexpected in the civilian world, but in fashion the two go together like Karl Lagerfeld and Chanel. The irreverence that lies behind such a move is obvious. This tip is all about attitude, so whilst there's a fine line between experimental and, well, ugly, you'll exude confidence by daring to work it.

JIMMY CHOO PUMPS, $695 JIMMYCHOO.COM

ROKSANDA ILINCIC TOP, $815, NET-A-PORTER.COM

ROLAND MOURET STRETCH-DOUBLE CREPE PANTS, $905, NET-A-PORTER.COM

The Sweatshirt Effect

Ever since sports-luxe became a fashion noun, sweatshirts have slowly worked their way into the most stylish of wardrobes. Build up a go-to look by teaming a grown-up version with basic skinny jeans and a high-impact accessory such as a statement necklace or a leopard print bag.

CARVEN SWEATER, $271, MY-WARDROBE.COM

RODARTE SWEATER, BROWNSFASHION.COM, $249

MOTHER OF PEARL SWEATER, $355, NET-A-PORTER.COM

The Fashion Pop

By Milan fashion week the impracticality of those huge Balmain shoulders or bandaged JW Anderson sleeves will be hitting home and cravings for a more comfortable look will start to kick in. This fashionista occupied the middle ground at Italy's fashion week with a fashion pop — that one special item that lifts an entire look. In this case it's her unusual jacket that adds a finished twist to an otherwise laid-back ensemble.

ALEXANDER MCQUEEN BELT, $995, ALEXANDERMCQUEEN.COM

BURBERRY PRORSUM BAG, $1,395

CHARLOTTE OLYMPIA SHOES, $1,200, NET-A-PORTER.COM

The Kit

Canadian street style

Spotted in: Toronto

Jessica

American Apparel employee

What she's wearing
Melissa shoes, Silence and Noise shorts, necklace from Urban Outfitters, L.A.M.B. bag and sunglasses from boutique in New York.

Her inspiration
"I dress based on how I feel. Today I wanted to be on vacation so I left my shirt open. I get inspiration from Anna Dello Russo, Stella McCartney and Marc Jacobs."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

One-minute miracle

Lash blast

The Falsies Big Eyes Mascara, $12. Available at mass retailers.

"Beauty junkies obsess when hunting for the perfect mascara. Those who love super-long lashes without being over-the-top should check out Maybelline New York Volum' Express The Falsies Big Eyes Mascara. Its double-ended tube features a fat brush to create dramatic and buildable length on upper lashes, and a tinier brush to define smaller lower ones."

Deborah Fulsang, TheKit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

Bellissima! Pasta Primavera minus pesky carbohydrates

This recipe serves four. PRINTED WITH PERMISSION FROM THE SIMPLYRAW KITCHEN BY NATASHA KYSSA

The most delicious and satisfying meals are often the simplest. This flavourful favourite is bound to sweep you away. Make it your very own low-carb staple. Enjoy with a glass of biodynamic red wine, if you wish.

1. Noodles: Slice zucchini in thirds, then spiralize (by using a potato peeler) into thin noodles. Set in colander to drain. (Once zucchini noodles are mixed with sauce, they will release a lot of water, making them soggy. Drain spiralized noodles in a colander, sprinkled with a little salt, before adding sauce. Or pat zucchini between paper towels to pull out some of the excess moisture.)

2. Primavera Sauce: In a blender, blend tomatoes, red pepper, and garlic. Add remainder of sauce ingredients and blend until well mixed. Spoon over noodles and sprinkle with black pepper, basil, and 2 to 3 tablespoons of Pine Nut Parma (optional).

3. Pine Nut Parma: In a food processor, chop nuts to a fine meal (or finely chop by hand). Add salt, onion powder, and yeast and pulse until crumbly. Parma will keep in refrigerator for 1 month. RECIPES PRINTED WITH PERMISSION FROM THE SIMPLYRAW KITCHEN BY NATASHA KYSSA

Ingredients

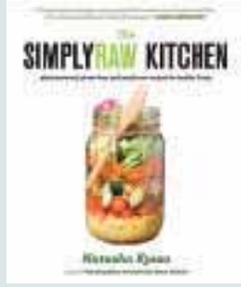
Noodles
- 6 medium zucchinis, peeled

Primavera Sauce
- 4 medium Roma tomatoes, chopped
- 1 cup (250 ml) chopped red bell peppers
- 2 garlic cloves
- 1 cup (250 ml) sun-dried tomatoes, soaked for 30 minutes
- 2 tbsp pitted Kalamata olives
- 1 tsp lemon juice
- 2 tbsp extra virgin olive oil
- 2 pitted Medjool dates or 1 tbsp maple syrup
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 3 tbsp minced fresh basil leaves
- 1 tbsp minced fresh oregano leaves
- 1 tbsp gluten-free tamari
- 1/8 tsp freshly ground black pepper
- cayenne pepper, to taste
- freshly ground black pepper, to taste
- 2 tbsp chopped fresh basil, for garnish

Pine Nut Parma
- 1/4 cup (60 ml) dry pine nuts
- 1/4 cup (60 ml) dry cashews
- 1/8 tsp Himalayan salt
- 1/2 tsp onion powder
- 2 tbsp nutritional yeast (optional)

Cookbook of the Week

Raw made easy



Promoting a balanced, flexible diet based on gluten-free and toxin-free plant foods can be easy and delicious. Natasha Kyssa sets out to prove this in her book The SimplyRaw Kitchen.

Through 134 recipes the book features a guide to the lifestyle that's easy to follow and accessible.

Among the delicious raw dishes in The SimplyRaw Kitchen are Spicy Thai Salad, Spinach and Mushroom Dip, Soft Taco Verde, Romanian Cabbage Rolls, Corn and Bean Skillet and more. METRO

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Film festival decorating on a budget

As the Toronto International Film Festival ramps up for another run and my love for The Great Gatsby movie lingers on, I thought it would be nice to pay homage by adding some art deco glam into my home. From walking the red carpet to creating sparkle and shine, there are lots of on-trend home decor accessories to help you feel like the VIPs when coming home from a night at the movies.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Placemat

Layer on the dining table for instant sparkle at your next dinner party or place one under a crystal lamp to dress up an end table. Urban Beaded Placemat, $12.50, simons.ca.

Runner

Feel like a VIP when you walk through the front door with your very own red carpet. Bold Stripe Red Floor Runner, $210, crateandbarrel.com.

Bathroom tray

Display your perfume bottles or soap in true '20s Hollywood style. Polished Nickel Accessory Tray, $21, sears.ca.

Chandelier

Inject Hollywood glamour to a foyer or bedroom with the drama of sleek black. Concerto Six-Light Black Lucite Chandelier, $179, homedepot.ca.

Beaded pillow

Add the sparkle of French gold to a neutral sofa or chair. Beaded Lombar Pillow Cover, $59, zarahome.com.

Drink cart

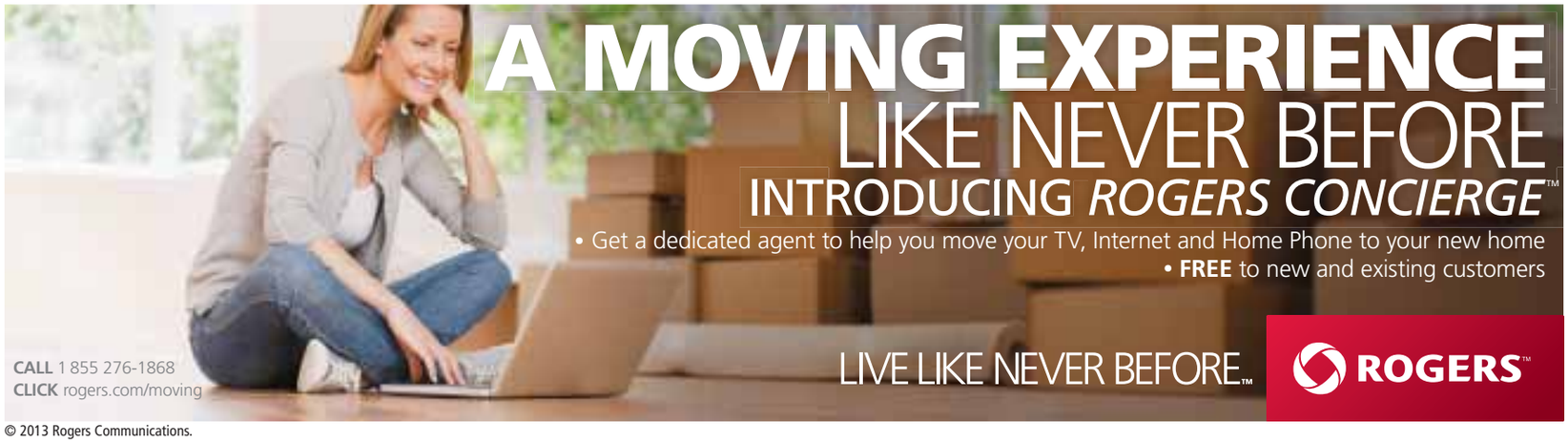
Perfect for holding towels in the bath or bottles on the terrace. Chrome and glass looks great in any decor. Ernst Chrome Bar, $199, cb2.com.

Mirrored chest

Place beside the bed, in a foyer or as a bar cabinet in the dining room; mirror always adds a lux-touch. Glamour Bedside Mirrored Chest, $699, bombay.ca.

Champagne glasses

At this price buy a case; its cheaper than renting. Glass Champagne Flutes, $2, dollarama.com.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Nautical-inspired touches around the home stretch those treasured weekends at the beach just a little bit longer.

TINA CHADHA
Metro World News

5 Nautical-inspired home decor items

Izola Drunken Sailor coasters

$15 for set of six, izola.com

India Hicks Bradbury Seaweed2 framed wall art

$69.95, hsn.com

Peking Handicraft pillow

$48, pkhc.com

Up Country Anchors indoor pet futon

$54-$90, upcountry-inc.com

Anthropologie Sailboat wall hook

$58, anthropologie.com

Not using a ruler can lead to DIY disaster. But there are also some less obvious mistakes people make. ISTOCK IMAGES

Upgrade your home, not your headache

DIY ideas. With proper planning and research, you can ensure your two week renovation doesn't turn into a two year headache

It's common for DIY renovations to begin with enthusiasm and a grand vision only to fall into disorder and frustration.

To learn more about common renovation mistakes and how to reverse the damage, tune in to Rescue Renovation on DIY Network Canada. For now, here are a few tips.

1. Too much to do with too little time

It's important to remember that the larger the project, the bigger the time commitment.

Be realistic with how much of your nights, weekends and vacation time you're willing to dedicate before beginning.

2. Not doing it right the first time

Always think long term when planning your renovation.

Cutting corners and costs on material and equipment may make sense now, but it will only lead to future costs for repairs and replacements.

3. Measuring once, cutting twice

There's nothing more discouraging than installing kitchen cabinets or a bathroom vanity to discover that your measurements were an inch too long.

Measurements must be exact so if you doubt yourself, ask for help before placing your orders.

4. Designing trendy instead of designing smart

Trends come and go but your renovations will be with you for years.

While you may want those flashy purple cabinets and to replace your stairs with a slide, your home's value is likely to decline if you decide to sell.

Instead, focus on making each area of your home suited for a purpose and use furniture and decor to add your personal style.

5. Overlooking permits

Permits are probably the easiest area to overlook.

Many renovations won't require permits, but if you're considering changing your home's structure, you'll need to do some research. Without the proper permit, you can be issued a stop work order and you may not be covered by insurance in case of an accident.

Showing potential buyers that your DIY renovations met safety standards can really help raise the value of your home.

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Cycling

Sagan takes Tour of Alberta Stage 1

Peter Sagan continued to lead the Tour of Alberta on Wednesday, finishing first in Stage 1 of the inaugural cycling race.

The Cannondale rider from Slovakia, who is among the favourites to win the overall title, also won the prologue time trial on Tuesday and leads the overall classification by 23 seconds.

Sagan won Wednesday's sprint finish, posting a time of three hours 22 minutes 17 seconds for a 10-second winner's time bonus to retain the yellow jersey with an overall time of 3:30:35.

THE CANADIAN PRESS

NFL

RG3 ready to get down in opener

Michael Vick says it's taken him 10 years to learn when to slide. Robert Griffin III figures he'll have it down pat just a few days from now.

"Monday night," the Washington Redskins quarterback said Wednesday, adding a big smile as he spoke to reporters. "I mean, you guys have been talking to me about it for eight months. I think it's ingrained in my head now. I'll be getting down on Monday night."

After eight months of rehab on his reconstructed right knee, it's finally all-systems-go for Griffin to play in the prime-time Week 1 opener against Vick and the Philadelphia Eagles. Griffin said there's a chance he could be even more emotional than when he made his NFL debut a year ago. His stated goal: "Play like you were never gone."

THE ASSOCIATED PRESS

Washington quarterback Robert Griffin III says he will be more cautious when rushing the football this season. GETTY IMAGES

Superb victory sends Victoria to semis

Victoria Azarenka of Belarus returns a backhand to Daniela Hantuchova of Slovakia during their women's quarter-final match at the U.S. Open in New York on Wednesday. Azarenka had little trouble reaching the semifinals with a 6-2, 6-3 win over Hantuchova. ELSA/GETTY IMAGES

Mustang athletic ties prove strong

OUA. Football coach Marshall and athletic director Quigley have long history at Western

DAVE LANGFORD
dave.langford@metronews.ca

The relationship between Western athletic director Therese Quigley and Mustangs head football coach Greg Marshall is a strong one.

But it wasn't one that started in London.

It began for real in 1997 — and, as far as Western is concerned, in the rival territory of Hamilton. The Mustangs will travel to the Steel City Saturday for a much-anticipated, nationally televised match with the McMaster Marauders.

Here's how the strong mutual admiration between Quigley and Marshall began.

Back in 1997, Quigley was athletic director at McMaster and the Marauders needed a new head football coach. Marshall was the Mustangs' young offensive co-ordinator and applied for the job.

"From the moment I first met her, I knew she was special," Marshall said Wednesday. "I knew they were interviewing lots and lots of people for the job, but I left that meeting thinking, 'I've got that job.' It was because of the chemistry I had with Therese."

Western athletic director Therese Quigley. DAVE LANGFORD/METRO

For her part, Quigley said she remembers who Marshall was before the interview. After all, she had been a varsity coach and athlete at Western before beginning her 18-year term at McMaster.

Marshall stayed at McMaster for eight years before becoming head coach of the Canadian Football League's Hamilton Tiger-Cats. Within days of being fired by the Ticats in 2006, Marshall was back at Western, becoming head coach one year later.

A few years later, he returned the favour to Quigley. After 18 years at McMaster, she was looking to come back to her hometown of London.

"Dean (Jim) Weese came to me and said, 'Who do you think we should get as athletic director?' I said, 'Therese.' He said, 'You're right. What do we have to do?'" Marshall recalled.

The McMaster-Western sports weekend makes Quigley remember her past quite vividly. And, at the same time, look to the future.

"There are ties I have to both, but it's more about the people than the institutions in many regards," she said.

The big 5

According to Western University football coach Greg Marshall, to win at McMaster Saturday, the Mustangs must:

1. Limit mental errors and mistakes.
2. Protect the football (i.e. don't turn it over).
3. Don't let Mike DiCroce beat them.
4. Control the Mac front and give Western quarterback Will Finch time to throw the football.
5. Block Aram Eisho, Mac's middle linebacker.

4 SPORTS

Rookie QB Manuel gets the green light for Buffalo opener

NFL. Standout first-round pick could spark a new era for Bills' struggling offence

Once Bills quarterback EJ Manuel practised Sunday for the first time in two weeks, coach Doug Marrone had an inkling the rookie first-round draft pick might be ready to open the season.

On Wednesday, Marrone was convinced, announcing Manuel had fully recovered from a left-knee injury and will start against the New England Patriots on Sunday.

"He's 110 per cent. He looks good out there," Marrone said following practice. "And that's what we're going to go with."

That's a relief for Marrone.

Bills coach Doug Marrone said QB EJ Manuel will start this Sunday. RICK STEWART/GETTY IMAGES

He was expressing uncertainty about Manuel's status since the quarterback was hurt scrambling during a 20-16 pre-season win over Minnesota Aug. 16.

"Obviously, being a Catholic, there were a lot of prayers to that," Marrone said. "I mean, honestly, you go home and say, 'Gosh, I hope he's healthy,' but you really don't know."

Manuel was far more confident he would be ready, especially after taking part in individual drills on Sunday in his first practice since having what the team called a "minor procedure" Aug. 18.

"I felt I would be good to go a few days ago as far as my knee," Manuel said. "I know mentally, if I had the chance to go out and play, I'd be ready for it."

Manuel showed little sign of a limp despite wearing a small brace during practice.

THE ASSOCIATED PRESS

Jays left hanging in the 10th

The Blue Jays' Ryan Goins tags the Diamondbacks' Willie Bloomquist out at second base in the eighth inning Wednesday in Phoenix. Bloomquist lined his third hit for a run-scoring single in the 10th inning and Arizona avoided a three-game sweep with a 4-3 win over Toronto. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

Track and field

Bolt to retire 'on top' after Rio 2016

Usain Bolt plans to retire after the 2016 Rio de Janeiro Olympics.

Bolt said Wednesday he wants to win more gold in Rio, set another world record in the 200 metres next year, and perhaps win a gold medal at the Commonwealth Games.

"So far, (it) is after the Olympics in Rio," Bolt said of his retirement plans. "I think if I am in great shape, I'll go there and do what I have to do. I think it will be a good time to retire, on top."

Winning another three golds in Moscow last month made him the most decorated athlete in world championship history with eight gold and two silvers. He has six gold medals from the Olympics.

"If I want to be among the greats of Ali and Pele and all these guys I have to continue dominating until I retire," Bolt said ahead of his final race this season at Friday's Van Damme Memorial. THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
No one in their right mind would knowingly annoy you so likely the reason a colleague is being such a pain today is because they are stupid rather than hateful. Don't hit back.

♉ Taurus
April 21 - May 21
You like a challenge and that's just as well as the challenges now coming your way will be bigger than anything you have faced before. You will enjoy showing the world what a dynamic Taurus you are.

♊ Gemini
May 22 - June 21
You may come in for criticism today but no way will you take it lying down. The more others bark at you, the more you will bark back. You may not be the biggest beast on the block but you are the loudest.

♋ Cancer
June 22 - July 23
Whatever you start over the next 24 hours you must see through to completion, so make sure it is what you really want to be doing. If you are still undecided then forget it.

♌ Leo
July 24 - Aug. 23
Today's new moon will encourage you to believe that you can do more in your career and that you can turn your talents into hard cash. Remember: If a job is worth doing it is worth getting well paid for.

♍ Virgo
Aug. 24 - Sept. 23
Today's new moon in your sign means you are capable of feats that ordinary mortals cannot compete with. But don't do things to impress. Do them to further your ambitions.

♎ Libra
Sept. 24 - Oct. 23
People are not blocking your way deliberately, although it may seem like it. Look at your own state of mind. It will tell you more than what partners or co-workers are up to.

♏ Scorpio
Oct. 24 - Nov. 22
What you gain will be more important than what you lose today, so don't try to hang on to what is clearly moving away from you. Life is an eternal revolving circle — enjoy the ride.

♐ Sagittarius
Nov. 23 - Dec. 21
If you start something new today, your name will soon be in lights. The new moon means you have the vision, and the confidence, to make a success of whatever you are planning.

♑ Capricorn
Dec. 22 - Jan. 20
What happens over the next 24 hours will make it clear that a more positive cycle is starting. You don't have to do anything special but you do have to be ready to travel quickly.

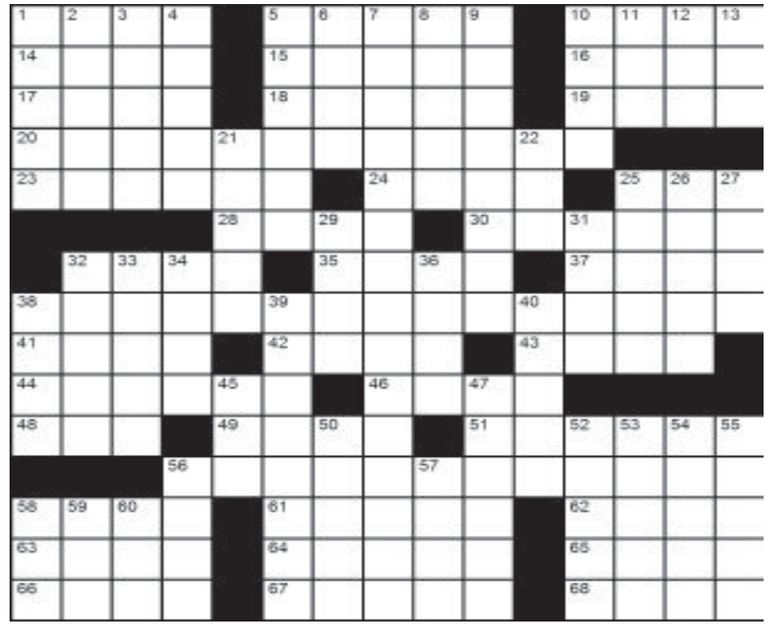
♒ Aquarius
Jan. 21 - Feb. 19
If you have financial issues to deal with, now is the ideal time to get serious about them. The new moon will inspire you to knuckle down and find solutions to problems that others have given up on.

♓ Pisces
Feb. 20 - March 20
You cannot afford to be soft or sentimental. Cosmic activity in your opposite sign demands that you see things, relationships especially, as they are, not as you wish they might be. Be tough with others but more so with yourself. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



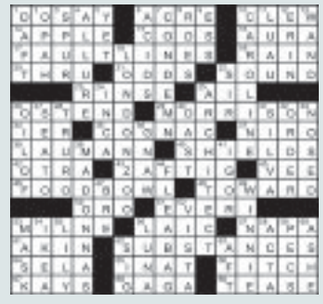
Across

1. Annoyed state
5. Daniel __, Robinson Crusoe author
10. Cape Canaveral org.
14. Culture medium
15. Ring-shaped coral island with a lagoon in the middle
16. Amazes
17. Trojan princess in Mozart's opera Idomeneo
18. 'R' of US state RI
19. Slowly advance
20. tiff. = Toronto International __ __
23. Maintain, as an opinion
24. Necklace bit
25. Slalom
28. Dubuque's locale
30. Wobble
32. Used a loom
35. Singer style
37. Annoy
38. Sir Wilfrid Laurier is on them: 3 wds.
41. Roll _ __ (Have one's turn in board game playing)
42. Plane crash investigation agcy.
43. Depend on
44. Movie legend Marilyn (b.1926 - d.1962)
46. __ _ hat for the lady (Be gentlemanly)
48. Meadow mom
49. __ collar
51. Media company acquired by Bell
56. Canada Post business: 2 wds.
58. "Whoopee!"
61. Easily duped
62. Perceived
63. Canadian actor Mr. Cronyn, star of the flick at #57-Down
64. Decorative pin holders
65. Actress, __ Rachel Wood
66. Russian city
67. Convened again
68. Prefix to 'phone'

Down

1. Seaport of Israel
2. Citrus hybrids
3. Gets an F on
4. Set up
5. __ __ be different (Nonconformist's credo)
6. Shakespearean suffixes
7. Where to attend a CFL game: 2 wds.
8. Musical blast from the past
9. "Love in an __" by Aerosmith
10. Painting holder
11. Barley bristle
12. "Hey! Hold on a __!"
13. Volcanic eruption stuff
21. Used a pan
22. Fruit drink
25. Motionless
26. __ green
27. Furies
29. Mr. Disney
31. __ Canal
32. Franz Lehar operetta, The Merry __
33. Sheep-like
34. Sharply turn
36. __ International (Canadian womenswear chain, once)
38. Renown
39. Stand-up's quick joke
40. Enforcer in "The Godfather" (1972), Luca __
45. Chance __ _ lifetime
47. Most faint
50. Uplift
52. Clicker-holder's target: 2 wds.
53. Actor Christopher
54. "He's _ __ Nowhere Man..." - The Beatles
55. Jeff of ELO
56. Docile
57. "A Letter for __" (1946)
58. British Sci-Fi series, "Doctor __"
59. Sing wordlessly
60. First aid team [acronym]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8		2			9		
6			9					4
		1		4	6			3
		7		5	4			9
3			7	8		6		
7			6	9		3		
4					1			5
		5			7		2	

Yesterday's Sudoku

1	3	5	4	6	9	7	2	8
9	7	8	3	2	1	5	4	6
6	4	2	5	8	7	3	1	9
5	6	1	8	7	4	9	3	2
7	8	4	2	9	3	6	5	1
2	9	3	1	5	6	4	8	7
8	1	7	9	4	5	2	6	3
4	2	6	7	3	8	1	9	5
3	5	9	6	1	2	8	7	4

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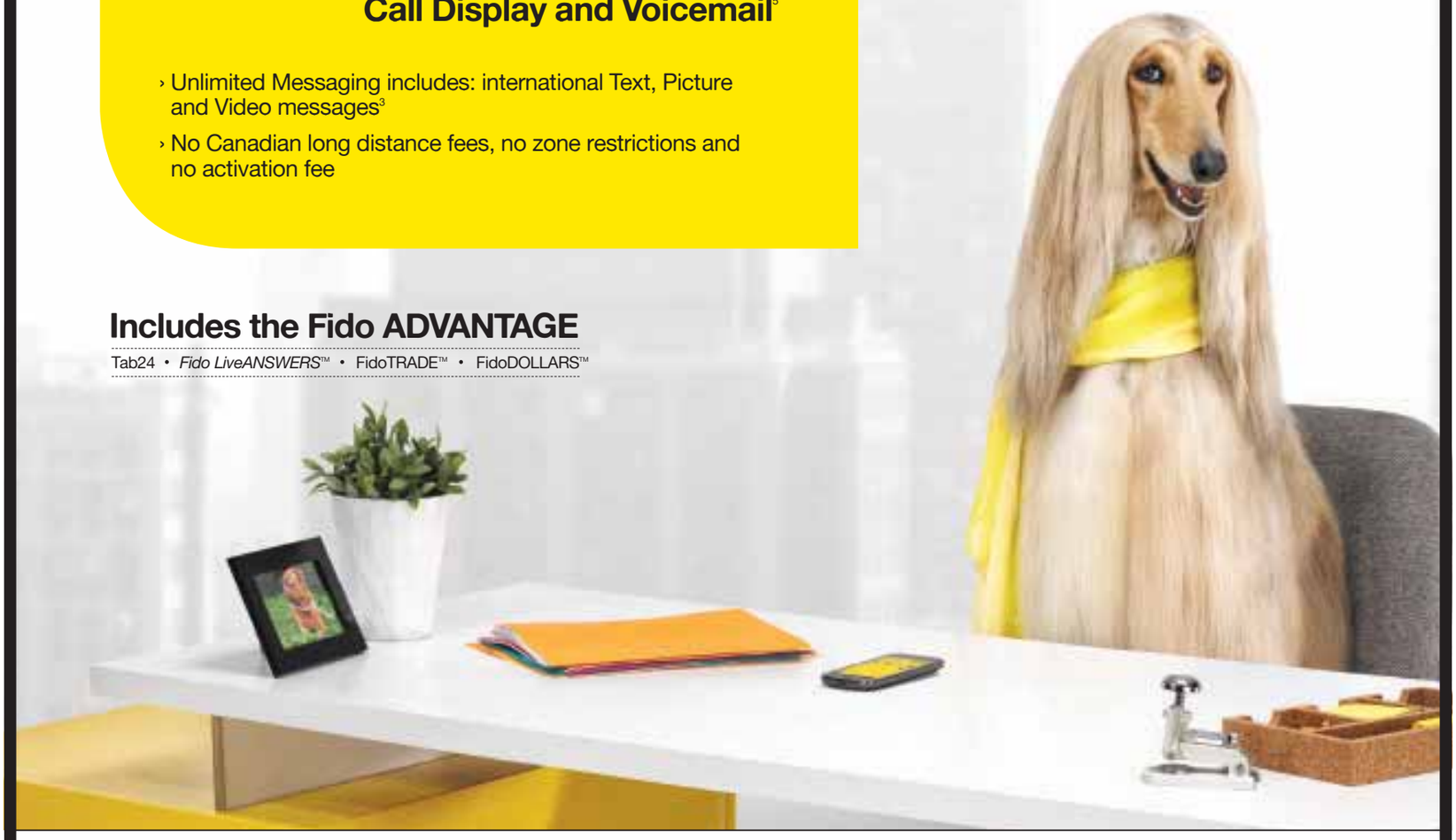

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